



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

“The care you give to your loved one is the care you should be giving to yourself” - Unknown

## Caregiver Tip

As the new year approaches, caregivers often resolve to take better care of themselves, both physically and mentally. Paying attention to the effects of shorter, darker days can fit the bill. If you suffer from less energy, irritability, or sleep difficulties during the winter months, you may be suffering from seasonal affective disorder, a form of depression caused by the less daylight during winter. Exercise, light therapy, and changes in diet can help. Consult your physician for other suggestions and find information at <http://www.psychiatry.org/seasonal-affective-disorder>.

**Caregiver Support Group**  
**Wednesday, January 7, 2015**  
**4 p.m. - 5:30 p.m.**  
**Alexandria Adult Day Services Center**

Resources: <http://alexandriava.gov/Aging>

## Caregiver Support Panel – January 17, 2015, 9:30 a.m. – Noon

### Immanuel Church on the Hill – 3606 Seminary Road, Alexandria, VA

This panel sponsored by Senior Services of Alexandria will feature local experts on a variety of caregiving topics including the importance of making a plan, in-home services available, and helping caregivers to care for themselves. For more information, contact Senior Services of Alexandria at 703-836-4414. <http://www.seniorservicesalex.org/>

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